ONTARIO BUDGET MAY BE IN THE RED: DUNCAN

PAGE 5

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Hull hospital closes ORs to some surgeries

HEALTH CARE A number of elective surgeries at the Hull hospital were cancelled yesterday, due to a problem with equipment that sterilizes surgical instruments.

By midday yesterday, officials had said four of the hospital's five operating rooms would be closed for at least 48 hours. One remains open for urgent cases.

Staff said they would be contacting patients whose procedures have been postponed.

Patients who have scheduled surgeries over the next few days are asked to not call the hospital.

CTVOTTAWA.CA

Election 2008

- **Nepean-Carleton riding profile** pg 4
- **National Report on falling Tory numbers** pg 6
- **Tory-Grit gap narrows, say two polls** pg 6

Entertainment pg13

Alanis returns home to sing

Health pg 12

Commitment in the genes?

ShareYourViews
ottawaletters@metronews.ca

Don't panic on economy: PM

Investors are worried, but should not "hit the panic button," Prime Minister Stephen Harper said yesterday as he reiterated his optimism that Canada has the fundamentals in place to avoid a recession.

Canada, he said while campaigning yesterday, was not immune to the global economic slowdown, but added that the Conservative government had taken steps to protect the country's banking system and economy in advance of the crisis.

"We've developed a plan that is suited for a period of slow economic growth and economic uncertainty," he said.

"I remain fundamentally optimistic about the Canadian economy, but optimistic, as I've said from the beginning, within the framework we're now living in, and that is in a period of economic uncertainty."

"We've developed a plan that is suited for a period of slow economic growth and economic uncertainty."
Prime Minister Stephen Harper

A Bank of Nova Scotia report yesterday forecast a recession that could last into 2009. Other economists stopped short of predicting recession, usually defined as at least two consecutive quarters of contraction, but said little economic growth should be expected next year.

The economy has become a major issue on the campaign trail, with opposition parties accusing Harper of doing too little to address the impact of the slowdown in the United States.

"He hasn't done anything for the last two years and he isn't about to start now," New Democratic Leader Jack Layton said in Vancouver.

The prime minister said he wanted the Group of Seven industrialized countries to co-ordinate action on the financial crisis, and said Canada had plans to help its banking sector if needed, although that did not mean Ottawa was eyeing a bailout plan.

"I don't think we should hit the panic button quite yet ... I know that investors are hurting, but I don't think government should make day-to-day decisions based on the stock market.

"I think the governments ... should be the anchor of stability when the markets gyrate all over the place," he said.

METRO NEWS SERVICES

CHRIS WATTIE/REUTERS

Jenny Colbert, 4, and three-year-old Katarina Loucks, right, play at an Ottawa day care yesterday while in the background Prime Minister Stephen Harper announces improvements to the Conservatives' child-care allowance program.

Tories plump up childcare cheques

ELECTION Stephen Harper yesterday sweetened his party's popular $100 child-care allowance, saying a re-elected Conservative government would make it tax-free for some families and increase it with inflation.

Coming to a suburban children's centre in Ottawa, Harper said the child benefit, currently taxable, would rise with inflation and would also be made tax-free for sole support, single-income parents.

Each move was expected to cost about $50 million, for a total annual cost of $100 million.

Harper said as a parent, he understands the challenges of raising children, and that those hurdles are even greater for "the more than one million single parents who struggle on low incomes."

Harper said "the government isn't offering to pay all the costs" of raising children but simply "to assist with the costs as a way to help all families."

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Charges may not be laid in motorcycle death
Police are still investigating and interviewing witnesses, but it's believed there will be no charges laid following a collision between a motorcycle and a Honda that led to the death of a man in Gatineau on the weekend. Police have identified the motorcyclist as Eric Dionne, 23, of Val-de-Monts. GATINEAU POLICE

Ottawa

Keep cool in kitchen

The mayor and several city councillors launched Fire Prevention Week in Barrhaven yesterday, focusing on tips to keep fire out of the kitchen. Statistics show 151 Ontario residents were injured and eight others were killed in cooking-related fires in 2004. CTVOTTAWA.CA

City Liberal, Tory in a transit tiff

TIM WIECLAWSKI
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A Liberal candidate says his Conservative opponent is trying to make political hay out of his insistence that the city needs a fifth transit option.

Orleans Liberal candidate Marc Godbout says he only wants serious consideration given to extending a light rail line to Trim Road, after his Conservative MP rival Royal Galipeau accused him of threatening to cancel federal funding for the plan if it didn't.

"I'm not making (the extension) conditional. I'm only saying, 'Let's have a look'. We saw four scenarios that were brought to the council table — maybe there should be a fifth one," said Godbout.

"Right now it's considered in the last phase of the project, and I don't think the people of Orleans are going to buy that."

Galipeau alleged the Liberal had threatened to withhold federal funding unless the train runs to Trim Road. Godbout said his comments were taken out of context.

"I'm not saying they should not go north-south. I'm not saying they should not do the tunnel downtown," he said. "All I'm saying is we have 120,000 people that want that additional service for Orleans."

Galipeau said his position is consistent with east-end city councillors, who worked to bring light rail to Blair Road in the transit scenario, with later phases to extend to Trim Road.

"The Liberal candidate should try to work more co-operatively with other levels of government and in favour of local residents, rather than grandstand for a headline," Galipeau said.

"You can't get to Trim Road without getting to Blair Road first."

Tories back plan

- Galipeau said there's Conservative caucus agreement to give federal funding for one-third of the cost for a plan that puts the eastern end of the east-west LRT line first.

Election 2008

Mom wants OC Transpo driver fired

TRANSIT The mother of a toddler is fighting for an OC Transpo driver to be fired after he allegedly left her at the curb and drove off in anger, leaving her two-year-old daughter on the bus by herself.

"Fired is the least that I want — I want a lot more done. I want legal action to be taken as well … criminal negligence at the least," Sarah Pacey said.

Pacey was waiting with another mother for the 94 on Innes Road Saturday afternoon. Pacey's daughter Aimee hopped on the bus ahead of her mother. The driver then apparently noticed the women had two strollers with them and said there was only room for one. The driver closed the doors and drove off with Aimee on board.

"I was thinking, 'Oh my God, where is he taking my kid?'" Pacey said.

Passengers got the driver to stop. The child was then removed from the bus and the driver drove away.

The driver has since been suspended and an investigation is underway.

CTVOTTAWA.CA

Challenge aims to help mothers and set records

TRACEY TONG
tracey.tong@metronews.ca

Ottawa moms need more support when it comes to breastfeeding, and events like the weekend's Breastfeeding Challenge can help foster it, say city public health officials.

This Saturday, more than 200 moms and their infants are expected at the St. Laurent Shopping Centre to try to set a record for the most babies being breastfed at one time. But beyond potential bragging rights, the seventh annual event is meant to help normalize and support breastfeeding, said Sonya Boersma, a public health nurse and lactation consultant.

"What we really wanted to get out is that women need to be supported in their breastfeeding by family, friends, their workplaces and the community at large," Boersma said.

While Health Canada and the World Health Organization recommend exclusive breastfeeding for a baby's first six months and beyond two years, Boersma said "the duration rate is very low."

According to a 2005 Infant Care Survey, 91 per cent of Ottawa mothers initiated breastfeeding in the first two days, but by the time babies are six months old, only 50 per cent were being breastfed.

Ottawa Public Health has nine drop-in programs and nurses, as well a telephone peer support program, Ottawa Breastfeeding Buddies.

"We are trying to support breastfeeding by giving our nurses, who are front line workers, more training about breastfeeding," she said.

The city is also working with local malls to provide breastfeeding rooms.

Worldwide

- For the Breastfeeding Challenge, Ottawa — which won the challenge in 2005 — will be competing against thousands of people in 312 sites in 17 countries.

Rally **Imagining Canada without poverty**

TIM WIECLAWSKI / METRO OTTAWA

Social activist Dick Stewart speaks at a rally last night at the Anti-Poverty Monument before a five-party election debate on poverty and inequality held at Dominion-Chalmers United Church. The rally was held to organize groups attempting to give poverty and social inequality issues more attention during the home stretch of the 2008 federal election campaign.

Window smashing suspect sought

CRIME Police have released a photo of a break-and-enter suspect believed to be behind several thefts in which a suspect throws a brick at the window to gain entry to a business, then targets the cash float.

The thefts occurred between 3 a.m. and 5 a.m. in the east end, between Sept. 6 and 27. Targeted businesses are mostly in strip malls. The suspect, right, is white, unshaven, between 5'11" and 6'2", and 18 to 25 years old. In the surveillance photo, he was wearing a green jacket, light brown pants and a dark baseball hat.

Anyone with information is asked to contact Detective Melburn White at 613-236-1222, ext.3412.

TRACEY TONG / METRO OTTAWA

metronews.ca
What's online today.

Watch as the parties look to capitalize on economic woes at metronews.ca/canada
Read investment adviser Allan Small as he explains the basics of the U.S. bailout

Lotteries

Ontario Pick 3	0 3 4
Ontario Pick 4	6 7 6 5
Encore	3346343
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Road closed after gas leak

Ottawa police closed a section of Laurier Street after a gas leak was reported just before 4 p.m. yesterday. The road was closed between Malborough Avenue and Range Road while Enbridge Gas and the Ottawa firefighters investigated. The street was reopened an hour later. **OTTAWA POLICE**

Riding: Nepean-Carleton

In the lead-up to the Oct. 14 federal election, Metro Ottawa will offer snapshots of local riding races.

Nepean-Carleton is a large suburban-rural riding covering the southwest part of the city, with a population of 133,000.

Election 2008

The Rideau River and Belmeade Road make the southern border.

Its western edge extends to Eagleson Road in Kanata and Boundary Road in the east.

Pierre Poilievre
AGE: 29
PARTY: Conservative
POSITION: Incumbent MP, representing the riding since 2004. Previously worked as a Parliamentary assistant.

"Prices have been rising and higher prices have squeezed family budgets and the best way to mitigate that concern is to keep taxes low. Our government has lowered taxes and moved Tax Freedom Day 11 days earlier than when we started. We want to keep lowering taxes. Now is not the time to take a gamble on a risky carbon tax that will raise the price of everything."

Ed Mahfouz
AGE: 58
PARTY: Liberal
POSITION: Educator and community activist

"For health care, we introduced a platform that had $900 million for drugs and $420 million to open room for doctors and nurses in the class rooms. We have announced that we will have $70 billion over the next 10 years for infrastructure and the City of Ottawa will get $500 million of that. For the environment we have the Green Shift. I'm a facilitator. I'm going to bring all the issues to the table at the federal, provincial and municipal level and see if we can work out the best solution for everybody."

Phil Brown
AGE: 56
PARTY: New Democratic
POSITION: Planning and project building consultant, working primarily with non-profit organizations

"South Nepean continues to have problems with not just subsidized spaces, but just to find a space anywhere people have to get on a wait list. It's a crying shame — a $100 a month allowance for parents is nowhere near a replacement for quality child care. The NDP would increase enrolment in medical schools to substantially increase the number of physicians and nurse practitioners that are graduating, as well as looking at programs to encourage them to become family physicians by offering incentives such as forgiveness of student loans."

Lori Gadzala
AGE: 42
PARTY: Green
POSITION: Technology marketing consultant

"We have a growing riding with very poor infrastructure in terms of roads and transit and people would really like that improved. That's why I'm happy to say that Toronto Mayor David Miller endorsed our plan … saying the Green Party has the best plan for cities. Because of this most recent listeriosis outbreak … it was revealed that the Conservatives planned to privatize food inspection and I think voters are very concerned about that particularly with our track record of privatizing water inspection and Walkerton."

City collecting transit memories

TRACEY TONG
tracey.tong@metronews.ca

Long before he was the mayor of Ottawa, a young Larry O'Brien — with a dime always stuffed in his sock, so he'd never get caught short of fare — was "an avid user of the bus system."

"This was before the rapid transit system. I grew up on Holland Avenue and I used to take the No. 6 bus, and then the No. 71 used to take me from Parkwood Hills when I lived there.

"I was … eight or nine years old and used to take the bus to the Exhibition," he recalled yesterday. "They had an Exhibition Special and my mom would put a dime in my sock so I could get home if I lost all my money."

While the capital's bus system has since grown into a sprawling rapid transit system, everyone who has ever taken public transit has a story or a good memory. And this month, Ottawa is asking riders to share theirs in the Transitway Memories Contest, to mark the Transitway's 25th anniversary.

The contest will award an annual transit pass worth more than $1,000 and four runner-up prizes of a monthly transit pass. But above the swag, it's important to reinforce how important transit is to Ottawans, says the mayor.

"I think it's very important, sharing the positive memories that let all of us know how important the transit system is to the day-to-day lives of the residents," said O'Brien, who said he's interested to hear about "the friendships that have happened and the embarrassing situations."

Submissions

- Stories of 500 words or fewer should be submitted online at octranspo.com or dropped off at any OC Transpo Sales and Information Centre. The contest closes at 4 p.m. on Friday, Oct. 24. For more information, visit octranspo.com.

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Comfort Suites • 3★
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Man arrested in connection with abduction
An Edmonton man was arrested early yesterday in connection with Sunday's abduction of a seven-year-old girl, police said. The man was identified as a person of interest Sunday night. The girl was found, apparently unharmed hours after being abducted. SOURCE: CBC NEWS ONLINE

Canada

Fit to stand trial

A man accused of beheading a passenger on a Greyhound bus in Manitoba was found fit to stand trial in a courtroom in Portage la Prairie, Man., yesterday. An interim psychiatric assessment was submitted to the provincial court on Vince Li, 40, accused of killing fellow passenger Tim McLean in July.
SOURCE: CBC NEWS ONLINE

Ontario hints at budget deficit

Ontarians should brace themselves for a provincial budget deficit because of the global finance crisis, warns Finance Minister Dwight Duncan.

In his most dire warning yet about the province's sputtering economy, Duncan yesterday hinted that his Oct. 22 fall economic statement could be printed in red ink.

"There are challenges in the world economy today that all of us have to take into account," the treasurer said.

When it was pointed out that he recently played down the possibility of a budget shortfall, Duncan didn't mince words.

"Projections ... are now much worse than they were certainly at the time of the (March) budget." Dwight Duncan

"Two weeks ago, there weren't European banks being propped up. Two weeks ago, the world is very different place," he said.

"Projections for not just this year but for the years out are now much worse than they were certainly at the time of the (March) budget, so that has impacts on us for the medium and longer term."

Duncan, who later huddled with senior economists of the five major banks, has been forecasting a balanced budget.

Turmoil in the world's financial markets is forcing him to revisit the province's books before his Oct. 22 statement.

"What we have to look at is not only what's happening right now, but ..... when do these things actually hit on our books, and what can we do to adjust to deal with those things."
TORSTAR NEWS SERVICE

Inspectors urge changes to food safety system

LISTERIA Deadly food outbreaks like the Maple Leaf listeria tragedy will likely repeat in Canada if rules aren't tightened immediately, federal food inspectors warned yesterday.

The strongly-worded caution came on the heels of a Torstar News Service/CBC report that the Canadian Food Inspection Agency had quietly dropped its requirement that food producers must report positive bacterial tests to government inspectors. The requirement was dropped last April — four months later, people began dying from listeria linked to Maple Leaf's Toronto plant.

"Food inspectors should be notified when test results for listeria and other bacteria in meat processing plants are positive," said Bob Kingston, president of the Agriculture Union.

"This requirement, which was cancelled by CFIA should be restored immediately, and CFIA should invest the resources to ensure inspectors monitor clean-ups after positive tests." TORSTAR NEWS SERVICE

Watch a report on the recent abduction in Edmonton at metronews.ca/canada

Calgary **Protesters hang out**

ROBIN KUNKEL/FOR METRO CANADA

Emerging Artists Elaine Weryehko, 24, and Nicky Renault, 24, who plays Ditto the clown, were among protesters outside Calgary city hall Monday, protesting a lack of financial support from the Harper government for arts and culture across the country.

News in brief

MONTREAL The murder trial of an alleged Hells Angels member got underway in Montreal yesterday with more than 150 witnesses expected to testify over the next few months, CBC News Online reports. Paul Fontaine is accused of killing Pierre Rondeau, a prison guard, in 1997 at the height of Quebec's biker wars.

REVIEW Ontario's chief forensic pathologist, who was the first to suggest a review of old "shaken-baby" deaths, says the province has a "daunting" task ahead as it looks at 220 cases to determine if anyone was wrongfully convicted. The review will be a massive undertaking, not just because of the number of cases, but also because shaken-baby syndrome continues to be hotly debated in medical and scientific circles, Dr. Michael Pollanen says.

WHISTLER At least three people were burned yesterday afternoon in a fire and explosion in a Whistler, B.C., restaurant CBC News Online reports. METRO NEWS SERVICES

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Election 2008

Harper caught tinkering

There's worry in the Conservative camp as support numbers dwindle

NationalReport

It was supposed to be a coronation. Harpo the Incrementalist in a walk. A storyline that most everyone in the media ran to on the campaign's opening weekend. The Conservatives were at 40 per cent — and eating steak. The others? Kraft cheese slices.

But complacency is a dangerous commodity in politics. Preaching the status quo, as the Conservatives have done, works OK — so long as tumult doesn't hit.

But Wall Street went under and this country is feeling the thunder — check those crashing TSX numbers — and our prime minister, the Great Tinkerer as someone labelled him, was caught tinkering. No plan! One wasn't necessary, he said. Land is strong.

But even Stéphane Dion had a five-point plan for the economy. No great shakes, but something! And Jack Layton and Elizabeth May jumped in, making the point that not only was there no economic plan, but not even a Conservative campaign platform. And how presumptuous, how arrogant, said they, is that!

Then a rare thing happened. Stephen Harper relented. A platform is coming today. It may be the latest point ever that a platform has been released in an election. But there is worry in the Conservative camp. They're still leading. But the party numbers and the prime minister's personal numbers have both dropped significantly since the opening gun. There's a good chance they can win back the momentum this week. But if they don't, they'll lose seats in this election — and Harper, who appeared headed for a majority only a week or two ago, will be ushered out as Tory leader.

While the media focus has been on the problems plaguing Dion, Harper's setbacks accumulated. Lots of mistakes by his underlings, the troubling plagiarism charge that linked him strongly to the Iraq war, listeriosis jokes, the insults about people who go to galas, no big new promises, no vision. Then he got a terribly unlucky break when the American economy tumbled. Then he John-McCained himself by saying all was well. Don't worry, be happy.

And so now, what seemed nutty to contemplate a few days ago — a Liberal victory — is not so nutty anymore. The much-mocked Dion inches forward. Breaks finally come his way. While he wants change, the other team is stuck in the status quo. The status quo didn't look so bad a month ago. Now it is starting to remind people of 1930.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Numbers

Grits gain on Tories in latest polls

RACE Two polls yesterday showed a tighter election race than earlier in the campaign, and point to the Conservatives winning a minority government rather than the majority that seemed to be in the cards earlier.

The largest of the surveys, one taken Friday through Sunday by Ekos, suggests televised election debates on Wednesday and Thursday failed to shake the race up, with the Conservatives still 10 percentage points ahead of the Liberals, 35-25.

However, a Harris-Decima/Canadian Press poll puts the Conservative lead at only 7 points (32-25) — down from 15 points just three days earlier.

And a Nanos poll has the gap at only 5 points (34-29) — one more than Nanos' survey released on Sunday but just half what it had shown a week earlier.

Harris-Decima pollster Bruce Anderson said jitters about the economy were cutting into support for Harper, who has advocated a steady hand with no dramatic moves.

Ekos projects the Conservatives would take 130 of the 308 seats in the House of Commons, well short of the 155 needed for a majority, but ahead of the 78 projected for the Liberals and 42 for the NDP. The Bloc Québécois would take 58.

REUTERS

How will parties capitalize on economic woes? Watch at metronews.ca/canada

7 days remain until the 2008 Canadian federal election

News in brief

VANDALISM Spray paint, homophobic slurs and more than a few rocks littered the campaign trail in Nova Scotia over the weekend. In Liberal MP Scott Brison's hometown of Cheverie, N.S., nine campaign signs were defaced Saturday night with the word "fag" written in pink spray paint. Brison is openly gay. In Halifax, rocks were thrown through the windows at the headquarters of Conservative Ted Larsen and Liberal Catherine Meade.

WEB Since launching a week ago, VoteForEnvironment.ca has received more than 1.2 million page views and more than a quarter of a million unique visitors. METRO NEWS SERVICES

What a difference a week makes for Dion

Prime Minister Stephen Harper's popularity is dropping with the stock market, giving Liberal Leader Stéphane Dion a bounce in his step and a boost in the polls.

Stéphane Dion

Dion made the economy the focus of stump speeches in Victoria yesterday, charging that Harper is standing by in the face of unprecedented economic turmoil.

"For the last weeks, we told him he needs to wake up and say to Canadians that indeed we have tough times and indeed the government will help," he said.

The Dion on the campaign trail this week is far different from the one who set out from Ottawa on Sept. 7, the day the election was called. And in sharp contrast with Harper, Dion meets with voters on the street, coffee shops and campaign events.

TORSTAR NEWS SERVICE

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- Oct. 7, 2008, Feb. 24, 2009, and April 7, 2009
  Best Western Fireside Inn, 1217 Princess Street, Kingston
- Oct. 8, 2008
  CJ's Banquet Hall, 803 Chelsea Street, Brockville
- Oct. 9, 2008, Feb. 26, 2009, and April 8, 2009
  Ottawa Catholic School Board (Board Room), 570 West Hunt Club Road

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High court split on tobacco case

The U.S. Supreme Court seemed closely divided as it heard arguments yesterday over whether tobacco firms can be sued under state law for deceptive advertising of "light" cigarettes, a case that could affect some 40 suits around the country seeking billions of dollars. A ruling is expected early next year. REUTERS

World/Business

Crisis making global waves

U.S. urges unified response as investors brace for downturn

Governments around the world grasped at new measures to contain the fast-spreading credit crisis, but stock, bond and commodity markets saw investors bet on deepening uncertainty and a sharp downturn.

U.S. officials called for a "forceful and coordinated" global reaction to the crisis as the Dow Jones industrials average closed down 3.5 per cent yesterday. U.S. stocks staged a late rally to cut earlier losses by half.

The S&P 500 closed down almost 4 per cent after touching a five-year low in the first Wall Street session since the U.S. Congress approved a $700 billion US bailout intended to reassure markets that help was on the way.

Instead, a crisis that began with the overheated U.S. property market and the $11 trillion mortgage market was still rocking confidence worldwide.

"The ground underneath our feet is moving like an earthquake," said acting U.S. Treasury Undersecretary for domestic finance Anthony Ryan.

Emerging markets, which had gained most from the surging global expansion in the last three years, were sucked into the vortex. Trading was halted in markets as far afield as Brazil and Russia when stocks plunged.

Mexico's peso sank to its weakest level since the currency was allowed to float in the mid-1990s, and stocks plunged.

REUTERS

'A 900-foot tsunami'

• Former U.S. Securities and Exchange Commission chief Richard Breeden called the current financial crisis "a 900-foot tsunami" and chided Treasury Secretary Henry Paulson yesterday for wanting, as recently as a year ago, to reduce regulation.

Business

Recession fears batter TSX

Panic selling from Tokyo to Toronto sent stock markets down sharply again yesterday on increasing fears of a global economic crisis that saw oil slide below $88 US a barrel and the loonie creeping ever closer to 90 cents US.

Earlier in trading, the S&P/TSX composite index plunged nearly 1,200 points — by far the biggest one-day point drop on record, and marking its first dip below 10,000 since July 2005.

When the wild ride was over, Bay Street had clawed back more than half their earlier losses, with Toronto's main index sinking 572.92 points, or 5.3 per cent, to close at 10,230.43.

No sector was left unscathed from financials to metals and energy to industrials. The financials sector fell 3.7 per cent, while the utilities subgroup dropped 6 per cent.

Materials stocks fell 6 per cent as concerns about falling demand for commodities pulled down base metals prices.

But gold, an economic haven, climbed $33.80 US an ounce to close at $862.70. TORSTAR NEWS SERVICE

AIDS pioneers, cancer scientist split Nobel

HEALTH Two French scientists who discovered the AIDS virus and a German who found a virus that causes cervical cancer were awarded the 2008 Nobel prize for medicine yesterday.

Luc Montagnier, director of the World Foundation for AIDS Research and Prevention, and Francoise Barre-Sinoussi of the Institut Pasteur won half the prize of $1.4 million US for discovering the virus that has killed 25 million people since it was identified in the 1980s.

Dr. Harald zur Hausen of the University of Duesseldorf shared the other half of the prize for work that went against the established opinion about the cause of cervical cancer.

REUTERS

Registered **Afghans gearing up for elections**

AHMAD MASOOD/REUTERS

An Afghan woman poses with her newly made voter registration card in Parwan province, north of Kabul yesterday. Afghanistan began registering voters yesterday for elections due next year that will test support for President Hamid Karzai and democracy itself which is threatened by a virulent Taliban insurgency in which thousands have died.

Economy to stall into 2009: Bankers

GROWTH Canada's economy will show little or no growth for much of the next year, economists for TD, RBC, CIBC, BMO and Scotiabank said yesterday at an emergency panel discussion held by the Economic Club of Toronto to talk about the global economic crisis.

TD's economist suggested there will be no snapback in growth in 2010, while RBC's said the U.S. recession and shallow recovery would continue to hurt exports. REUTERS

In brief

ACQUISITION Scotiabank will buy Sun Life Financial's stake in fund manager CI Financial for $2.3 billion, to boost its wealth management operations.

CONSTRUCTION The construction industry retreated in August, with permits falling by 13.5 per cent from July. Nonresidential fell 19.3 points, while residential was down 9.3.

CUTS EBay said it will cut 10 per cent of its workforce, and spend $1.3 billion US to buy payment and classifieds infrastructure and to offset a slowdown in web auctions. REUTERS

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News in brief

ATTACK A suicide bomber killed at least 12 people and wounded around 30 including a leading Pakistani opposition politician and member of the minority Shi'ite Muslim community yesterday, police said.

DISASTER A powerful earthquake killed at least 72 people in Kyrgyzstan and levelled a village in the remote mountains of the Central Asian state, the health ministry said yesterday. REUTERS

Interest rates/Savings accounts
METRO NEWS SERVICES

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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Even the smartest of cookies needs a little help navigating the financial world. So when you are looking for a professional to weigh in with advice on your investment portfolio performance or even what you can and can't write off, knowing who to turn to can be almost as confusing as getting advice in the first place. So here's our breakdown of some of the top financial experts you may want to add to your roster:

FINANCIAL ADVISERS

When They Can Help:

• Investment portfolio management and advice: Not sure how much you should be investing in stocks, bonds, GICs? Financial Advisors will assess your financial goals and focus on providing you with investment advice to match. They are compensated on an annual basis by a percentage of the assets they manage for you.

• Financial checkup/planning: Some financial advisors are also designated as Financial Planners. They can review your entire financial picture and also offer suggestions on debt and insurance.

Look for:

• Certified Financial Planner (CFP) and someone who has passed the Canadian Securities Course and is licensed in your area.

Where to Find One:

• Financial Planners Standards Council (cfp-ca.org/public/public_findaplanner.asp).

FINANCIAL PLANNERS

When They Can Help:

• Financial checkup: If you need someone to review your different financial obligations and options — debt, insurance, stock options, retirement plans, savings — but you don't feel as if you have any of them under control. Many planners offer a full assessment for a fee rather than an ongoing percentage of what they sell you.

• Money management: You're not interested in single-handedly managing your own finances. You need help monitoring investments and alerts when it's time to shift your portfolio, the markets change or your needs may change.

• Guidance through life changes: You're a new parent contemplating if someone can stay at home. You're going through a divorce and are adjusting to your new financial setup. You want information and guidance with new tax, property and retirement issues.

Look for:

• Accredited Certified Financial Planner (CFP).

Where to Find One:

• Financial Planners Standards Council (fpsccanada.org/find_a_cfp_professional).

There's more that we can't fit in this space, so visit metronews.ca for information on accountants and what they can do for you.

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Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

This week's column discusses the bailout package and if it will be enough to turn the North American markets around. Read it at metronews.ca

Money matters in elections

Q Two years ago, my family and I became residents of Canada. I know very little about the Canadian election process. Particularly, how it impacts my family and our finances. How do I determine which party to choose?

Sondeep

A I applaud that you take this duty seriously. Let's have a glance at some of the promises:

Conservatives — Prime Minister Stephen Harper

• First-time homebuyers tax credit. Rebate up to $750.

• Increase Senior Age Credit by $1,000.

• New tax credit for parents with kids in eligible arts programs such as music and dance.

• Allow charitable groups to set up RESPs for kids from low-income families.

Liberals — Stéphane Dion

• A $600 per year increase of Guaranteed Income Supplement for low-income seniors.

• Additional $350 to existing $1,200 child-care allowance.

• Carbon tax on fossil fuels, with an offsetting cut to business taxes.

• Simplify tax system for post-secondary students and provide $1,000 per year.

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Election 2008

Read more of Money Matters and details about the NDP at metronews.ca

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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Cyclist Schumacher allegedly failed doping test

German cyclist Stefan Schumacher failed a doping test at this year's Tour de France, his team manager was quoted as saying yesterday. Schumacher won both individual time trials in this year's Tour. REUTERS

Sports

Westbrook has fractured ribs

Philadelphia Eagles running back Brian Westbrook, left, suffered fractured ribs on Sunday against Washington and his status for this week's game against San Francisco is uncertain. Despite the injury, which apparently occurred in the first quarter, Westbrook finished the game with 33 yards on 12 carries and a team-best six catches for 51 yards. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Rays take out White Sox

Upton hits a pair of dingers to send Tampa to ALCS

Rays 6 White Sox 2

B.J. Upton hit two solo homers, and the Tampa Bay Rays defeated the Chicago White Sox, 6-2 yesterday, to clinch their first berth in an American League Championship Series in franchise history.

Andy Sonnanstine held the White Sox to two runs on three hits in 5⅔ innings, with four strikeouts and a walk, to win Game 4, and in the process clinch this American League Division Series for the Rays, who are making their first postseason appearance.

"If you have seen us play all year we've played that game a lot," said Rays manager Joe Maddon. "That's what's so nice. When you keep things simple and you just play the fundamentals of the game appropriately then good things can happen. Especially when you are playing with a bunch of skillful young men like we have."

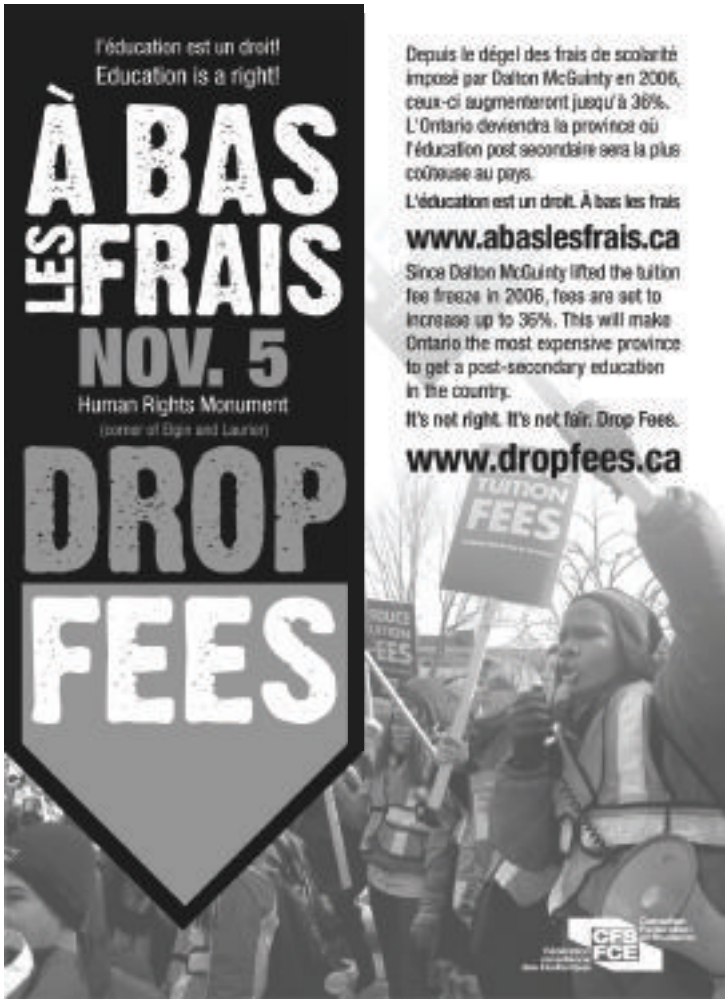
Carlos Pena went 3-for-4 with two RBI to supplement the early blasts by Upton.

"It means everything," said Upton when asked about the post-game celebration. "We've been at the bottom of the barrel for so long. And I think there was a point in time where people didn't even know who we were."

METRO NEWS SERVICES

JEFF HAYNES/REUTERS

Tampa Bay Rays pitcher Grant Balfour, right, celebrates with catcher Dioner Navarro as his team defeated the Chicago White Sox to win their American League Divisional Series yesterday.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Since Dalton McGuinty lifted the tuition fee freeze in 2006, fees are set to increase up to 35%. This will make Ontario the most expensive province to get a post-secondary education in the country.
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TUITION FEES

Lightning swap pair to Canucks

NHL The Tampa Bay Lightning acquired defenseman Lukas Krajicek and forward Juraj Simek from the Vancouver Canucks for defenceman Shane O'Brien and forward Michel Ouellet yesterday.

O'Brien

The 25-year-old Krajicek played two goals and nine assists in 39 games for the Canucks last season. Last season with Tampa, O'Brien, 25, had a career-high four goals and 21 points along with 154 penalty minutes in 77 games. METRO NEWS SERVICES

Sports in brief

NFL Buffalo Bill head coach Dick Jauron was noncommittal on the status of quarterback Trent Edwards, who left Sunday's loss to the Arizona Cardinals with a concussion. METRO NEWS SERVICES

It's all the band's fault Wisconsin lost

YorkReport

Marty York

marty.york@metronews.ca

Bizarre allegations of hazing, alcohol abuse and inappropriate sexual behaviour cost the University of Wisconsin football team big time the other night.

And it wasn't even the football players who were charged with the wrongdoings. It was, er, the marching band.

For their alleged indiscretions, the band was banned. Yep, for the first time in 40 years, the Wisconsin band was prohibited from performing at a home football game because, reports allege, female band members were forced to kiss each other during a recent road trip to gain access to the bus bathroom, because at least one female was forced to mimic fellatio on a sex toy and because a tuba player had his head shaved against his will.

I've never really seen any concrete value in marching bands at sporting events — to me, they're about as useful as national anthems and maybe cheerleaders — but Wisconsin players insist they suffered against Ohio State the other night because of the musicians' absence.

"Without them," receiver Nick Toon was quoted as saying, "it was too quiet and we didn't have the home-field advantage we should have had."

Wisconsin squandered a 10-7 halftime lead before falling 20-17.

• O.J. Simpson was so confident he'd beat the rap again that he had an acquittal party planned.

Simpson associate Thomas Riccio even invited U.S. radio-show host Anthony Crivello to join O.J.'s entourage for the party when the two were finished with an interview Friday night.

"That's how certain he was," Crivello said Saturday, after Simpson and co-defendant Clarence "C.J." Stewart were found guilty of all charges, including armed robbery and kidnapping with a deadly weapon. "The party was all prepared."

• The Boston Bruins are seeking to trade veterans Peter Schaefer and P.J. Axelsson … U.S. television viewers finally will get to see Hockey Night in Canada coverage in their homes this year, thanks to the new NHL Network, owned by the league … TSN likely will carry parts of an interesting ESPN interview tonight, when former Montreal Expos reliever Ugueth Urbina will speak from a Venezuelan prison, where he is spending a 14-year sentence for attempted murder … The Winnipeg Blue Bombers' Milt Stegall, leading receiver in CFL history, tried to help Sportsnet's poor ratings on the weekend by holding one of the network's microphones, looking into one of its cameras and suggesting with a straight face that hockey "isn't a sport." He compared it to darts. Don't know if the strange revelation helped Sportsnet, but it sure didn't help Stegall's image. Made himself look bush-league.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

71 The CFL-record number of passes caught Saturday in Hamilton. The Tiger-Cats' Quinton Porter completed 27. Montreal Alouettes quarterback Anthony Calvillo completed 44. The previous record was 70, set in 1993.

SCOREBOARD

MLB

AMERICAN LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
L.A. Angels vs. Boston
LAST NIGHT'S GAME
L.A. Angels at Boston
TOMORROW'S GAME
x-Boston at L.A. Angels, 9:37
(Boston leads series 2-1)
Tampa Bay vs. Chicago W. Sox
LAST NIGHT'S RESULT
Tampa Bay 6 Chicago Sox 2
(Tampa Bay wins series 3-1)
NATIONAL LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
Chicago Cubs vs. L.A. Dodgers
(Dodgers win series 3-0)
Philadelphia vs. Milwaukee
(Philadelphia leads series 3-1)
x — only played if necessary.

CFL

WEEK 16
FRIDAY'S GAMES
Toronto at Winnipeg, 7:30
Edmonton at B.C., 10:30
MONDAY'S GAMES
Hamilton at Montreal, 1
Saskatchewan at Calgary, 4:30

NFL

WEEK 5
LAST NIGHT'S GAME
Minnesota at New Orleans

Exercise soon after stroke may boost outlook
If people who have had a stroke can be out of bed and walking within 24 hours, their psychological well-being is likely to improve, according to an Australian study. In the early period after stroke, patients are often kept in bed. REUTERS

Health

What's good for your skin?
Ever wonder which of the thousands of beauty and skin-care products out there actually work? Author Paula Begoun debunks all the myths and offers readers scientifically researched reviews on many of these products in the 7th edition of Don't Go to the Cosmetics Counter Without Me, $29.95. Available at Chapters/Indigo and at *Cosmeticscop.com*. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Model of good health

Activist discusses smoking pressure in fashion industry

CELIA MILNE
for Metro Canada

Anna Bertram had it all: Beauty, youth and ambition. But she also had an addiction.

Here's how it started: When Bertram was a teenager growing up in Montreal, she beat out 500 other girls to win a modelling contest put on by a fashion magazine. At the impressionable age of 16, she flew to Paris to start her career in modelling. She felt young and beautiful, but she was susceptible to the peer pressure of those older than her, especially because her parents were not with her. She wanted to prove she really fit in with the stylish modelling crowd. "I was on set and someone offered me a cigarette," she says. "I felt like that would make me cool, like I belonged with the grown-ups." She accepted the cigarette and smoked it, and so began 10 years of being hooked on nicotine. "I was that cool model. That pretty girl. But it's uglier," she says of her smoking habit.

Bertram's career was dazzling. She became the face of Avon and modelled on the runways of Europe, New York and Japan. She was featured in Elle magazine.

Bertram was naturally thin and didn't use smoking as a weight-loss tool, but she recognizes that many models do. "A lot of models think about their weight. They have to be thin. Smoking could be one aspect of that." Even when she went to university, Bertram still thought smoking was a "cool, student-y" thing to do. And, like many young people, she felt immortal. "My health didn't concern me because I was so young."

It was 10 years later that she began to think about health. Her fiancé hated her smoking, and she felt like she was sneaking around and lying to him. She failed three times to quit but kept caving in. Finally, nine years ago, she was successful, mainly by changing who she hung around with and avoiding the triggers to smoking.

She is now 35, still modelling, and a mother of two children. She has a message for girls: "I think young people see smoking as something cool. It really isn't."

The reality is that Bertram's experience is not old-fashioned. Smoking is on the upswing in teenage girls today. "The rate of females smoking in their teen years is going up more than men," says Dr. Lew Pliamm, medical director of the Quit Clinic in Toronto and a lecturer in family medicine at the University of Toronto. "This is all about being thin and fitting in with peers; they are revolting against society.

"Models are well-known to smoke and drink coffee; it makes them thin and up," says Pliamm. So regular girls do it too. "They identify with weight loss, being hip, fitting in, being cool."

Like in Bertram's case, smoking starts innocently enough. "It starts as fun and games. In the school yard, at parties," says Pliamm. But it can quickly turn serious. "Soon they are stealing cigarettes from their parents, smoking regularly. It takes less than a few weeks to get addicted."

Oftentimes, young people don't notice they have a problem until they are in their 20s or older. "They feel completely healthy, they think they're going to live forever. But nicotine is one of the most addictive substances known to man."

Pliamm strongly recommends that young people don't start smoking. If you already smoke, get help with quitting as soon as possible. Many clinics are covered by provincial health insurance. And do your homework first, advises Pliamm. "Warn people you're going to be cranky, get a support system and make a plan. If you smoke with a buddy, tell him you are quitting. Change all the things that predispose you to go back."

Smoking stats

- Among girls 15 to 19 years old, 18 per cent smoke. By age 20 to 24, up to 23 per cent smoke.

"I think young people see smoking as something cool. It really isn't."
Anna Bertram, model/activist

BEN LEMPHERS/FOR METRO CANADA

Model and anti-smoking activist Anna Bertram started smoking at the age of 16 to fit in with the modelling crowd.

ADVERTISING FEATURE

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Night Guard vs. Bite Splint

The fact that so many people keep their natural teeth for years longer than they use to is a wonderful testament to the level of modern health care. Of course, with every step forward, there are always new issues to address.

When it comes to keeping our teeth longer, the issue is that they have more time to be subjected to **wear and tear**. Like the rest of our bodies, our teeth do break down over the years. A lifetime of crunching, grinding, eating and all the other actions we subject them to is bound to have that effect.

This can cause serious problems. A patient who has experienced **wear and tear to the jaw and the related muscles may find his/her jaw can slip out of its natural alignment.** The stress caused by this condition can lead to **sleeplessness, headaches, neck aches, clicking of the jaw** as well as general **jaw pain**.

Such a patient may require a bite splint. A **bite splint** can help realign the jaw structure to create a more natural movement in the joint. Doing so can reduce the stress on the joint thereby eliminating the symptoms identified above.

Healthy Habits Lead to Healthy Lives
Dr. George Parry
Dental Surgeon

Creating a bite splint that is right for you is an involved process and will require a number of trips to your dentist. However, if you want to prevent damage to your teeth, the jaw and its muscles and joints, or if you are tired of having a good night sleep ruined by the related headaches, a bite splint may be a great investment.

Other people may suffer from less severe problems, but still require some intervention. For example, many people have a problem with **clenching or grinding their teeth** as they sleep. Aside from creating a sound that might annoy a spouse trying to sleep beside you, this can result in significant wear and tear on the teeth, which might mean a bite splint in the future.

However, an earlier solution might be as simple as a **night guard**. A night guard is a plastic device created by taking an impression of the mouth. The impression is used to ensure the guard fits properly into the patient's mouth, though a subsequent appointment is necessary to ensure a proper fit. **You then just insert the guard into your mouth at bed time to prevent the grinding of the teeth**. That means less, noise, less wear and tear and a better night sleep.

So if you have experienced jaw discomfort due to wear and tear, or if you grind your teeth and are concerned about the wear and tear that could be causing, talk to your dentist about bite splints or night guards.

Because preventing wear and tear on your teeth is a healthy habit…and healthier habits lead to healthier lives.

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Maintain your smile

While apples don't actually clean the teeth, biting and chewing an apple stimulates production of saliva, reducing tooth decay by lowering the levels of bacteria in the mouth. **BEST HEALTH MAGAZINE**

The commitment-phobe gene

Male rodents/humans share bonding predispositions

According to a study of about 500 single and married men, the same gene that affects a rodent's ability to mate for life may affect human males' ability to commit.

The J Spot

I can see it now. You meet a nice guy, you're out on your first date together, things are going swimmingly and by about dessert you're thinking: I like this guy. I could see this going somewhere. At which point you give him your best come-hither look, gently take his hand in yours and stab him with a pin prick to draw some blood so you can test his commitment status.

Don't laugh, it could just be a matter of time before some entrepreneurial spirit takes advantage of the recent findings of a team of U.S. and Swedish researchers and makes this scenario possible.

According to a study of about 500 single and married men, the same gene that affects a rodent's ability to mate for life may affect human males' ability to commit. Seems there is a certain prairie vole that mates for life. The male is very attentive, looks after the pups and helps with feeding; in other words, every woman's dream mate. Then there is the meadow vole, a scamp of a vole that's only interested in one-night stands. Turns out the only difference between these voles is in a gene that plays a role in determining whether the vole is a commitment-phobe. Human males have a similar gene, and the guys in the study with the meadow vole version of the gene earned low scores on their partner bonding scale and were less likely to be married at all.

As if guys need more reasons to avoid commitment. Imagine: "Oh, sorry, baby, I cheated on you but I can't help myself. I'm genetically programmed to stray." Luckily, as a colleague of mine so eloquently once put it, we are more than simply "hairy bags of water." As such, attributing one's behaviour entirely to genetics is a cop out. In fact, one could argue that our ability to commit has more to do with what's going on in our jeans than in our genes.

"As far as I'm concerned, commitment is more about choice than anything else."

As far as I'm concerned, commitment is more about choice than anything else. It's about deciding that your current relationship is worth more than the fleeting excitement you get from a brand new attraction. But as a culture we like new: The newest technology, the newest trends, the newest brand of dish soap. When it comes to relationships, new is without baggage and someone who knows you so well you hardly get away with any crap anymore.

Commitment doesn't mean you won't ever be attracted to anyone else ever again, or that your partner won't bore you or drive you crazy a good percentage of the time. It does mean, though, that when he or she does, you won't automatically bail or start shopping for a new model. Remember: The person you're with now was also new once.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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300 sequel in the works
Zack Snyder has confirmed there will be a 300 sequel. The director, who helmed the movie adaptation of Frank Miller's graphic novel in 2006, has confirmed the author is penning and drawing a new story on which the film followup will be based. FEMALEFIRST.CO.UK

Entertainment

Treasure chest
Johnny Depp is to earn $56 million US for the fourth Pirates of the Caribbean film. The sum is reportedly the largest upfront payment in film history. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

DVD picks

You Don't Mess With the Zohan

Director: Dennis Dugan
Rating: 14A

ADAM SANDLER'S movies have become so drearily predictable that when he does something a little different, you can't help but smile. You Don't Mess With the Zohan is possibly the nuttiest thing Sandler has ever done. Sandler plays an ace Israeli commando who yearns not to be the new James Bond, super spy, but rather the new Paul Mitchell, super stylist. Zohan decamps for New York for a new career in hair clipping and blow-drying, but his past follows him, in the person of Palestinian nemesis The Phantom (John Turturro, in great comic form), a man so menacing, he chugs glasses of live baby chickens.

TORSTAR NEWS SERVICE

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Alanis entangled

Pop star finally ready to return home

BRIAN TOWIE
Metro Canada

One of Alanis Morissette's objectives when she swings through her home and native land is to come to grips with her grandmother's death.

During an over-the-phone press conference, the multi-Grammy-and-Juno-Award winning singer-songwriter detailed the uphill battle she fought to play a gig in Ottawa during her tour promoting her seventh album, Flavors Of Entanglement.

"I really, really wanted to play in Ottawa basically. My touring agent and I and my manager talked at great length trying to figure out logistically how to make it happen," she said. "My grandmother passed away last year, so I've been staying away from Ottawa a little bit out of fear of the immense grief that I would be reminded of. So this will be my way of coming back through music."

Produced by Guy Sigsworth (no stranger to women in pop, he previously worked with Bjork and Madonna), Morissette's Flavors Of Entanglement walks the line between synth-heavy dance loops and funeral dirges, waxing on grief in much the same way that her debut in alt-rock, 1995's Jagged Little Pill, focused on her rage.

She may come by it honestly: In February 2007, she announced her split with Canadian actor Ryan Reynolds. (Gossip rags salivated over his engagement to actress Scarlett Johanson last May.) Couple that with her grandmother's passing and one can see the starlet does indeed have something to cry about. She wanted to show her grieving and healing process through the music.

"I really wanted to focus on the recovery aspect of things and showing how important having support is, whether it's in the form of therapists or friends or people hugging us and touching us in non-sexual ways and having your head pet," she said.

It has been Morissette's mandate throughout her career — unashamedly exposing her innermost feelings as a type of catharsis for herself and her fans.

"I think the bigger pain for me is the lie of pretending to not be human."

In concert ...

- Alanis Morissette plays the National Arts Centre Theatre on Sunday night.

WARNER MUSIC PHOTO

Alanis Morissette is touring Canada in support of her latest album Flavors of Entanglement.

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/7/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101 (N)		Chinese School (Part 3 of 5)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Ugly" (HDTV PA)		90210 (HDTV) (N)		Kitchen Nightmares		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)		La Zone
	209	342	6	CHRO	Robson Arms	TMZ (N)	Pushing Daisies (N)		*My Life Without Me* ★★★ (2003, Drama) Sarah Polley.				News (N)
	196	311	7	CTV	Hollywood	etalk	Dancing With the Stars		Criminal Minds (N)		Law & Order		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families		Presidential Debate (Live)				News (N)
	117	713	10	TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Beauté	Loft Story	Génération séduction		La Verité choc		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Canada	Villages	*Paris nous appartient* (1961) Betty Schneider, Gianni Esposito.				Carnets d'ex
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Capitol Offense"		Presidential Debate (Live)				Two/Half Men
	216	395	14	OMN2	Cold Case		News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Chuck (HDTV)		Privileged (HDTV) (N)		NY-Hollywood	Friends	News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser: Families		Inside Hollywood		Pam: On Loose	Sunset Tan	News (N)
	-	361	20	ABC	News (N)	Entertainment	Dancing With the Stars		Presidential Debate (HDTV) (Live)			Analysis	News (N)
	512	396	24	CPAC	Revue Politique		L'Heure politique		Sur la piste électorale		Sur la piste électorale		Tournée
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Ugly" (HDTV PA)		Presidential Debate (HDTV) (Live)			News (N)	News
	-	-	64	PBS	Business Rpt.	Folklore	Nova (N) (DVS)		Presidential Debate (HDTV) (Live)				Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	Dancing With the Stars		Criminal Minds (N)		Law & Order		News (N)
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		Presidential Debate (Live)				National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Presidential Debate (Live)			Anderson Cooper 360	
sports	406	417	27	net	(6:30) MLB Baseball Division Series -- Teams TBA. (Live)						MLB Baseball Division Series -- Teams TBA.		
	126	730	28	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		Présidentielles: 2e débat		Le Téléjournal
	400	280	30	TSN	That's Hockey!	Interruption	2008 World Series of Poker		2008 World Series of Poker		SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Stump-Schwab	World Series of Poker		Poker: Canadian Open		Score Tonight		Hockey Talk
	411	457	56	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Don't Forget Your Passport		Pilot Guides
	417	406	59	SC	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Where You At	Story Of "Motley Crue"		Listed		Don't Forget the Lyrics!		Party of Five
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: NY (HDTV) (N)		CSI: NY (HDTV)		CSI: NY "Jamalot"		CSI: NY
	521	560	34	TLC	Amazing Medical Stories		My Shocking Story		Mystery Diagnosis		Dr. G: Medical Examiner		Shocking Story
	145	761	35	TV5	Toute une histoire		Pékin express: la route de l'Himalaya				Champ. nature	Humanima	Journal TV5
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield "Game Face"		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		John Allan Cameron		Does Art Matter?: Election		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Mighty Ships "Maersk"		Daily Planet
	575	583	43	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Great Big Sea
	601	562	45	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Comedy Net	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Before and After* ★★ (1996, Drama) Meryl Streep.				Cheers	Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Lost "Numbers"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	Star Wars	Stargate SG-1
	581	566	53	MTV	Busted	After	MTV News	Cribs	Making the Band 4		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	522	506	55	HIS	NCIS "Sub Rosa"		The Real Da Vinci Code		The Real Da Vinci Code		NCIS "Sub Rosa"		Crime Stories
	129	773	60	CD	Biographies "Cat Stevens"		Mayday (HDTV)		Images-chocs		Un tueur si proche (HDTV)		Leçon d'anat
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Geometry of Love		MythQuest
	602	567	62	W	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	269	350	70	APTN	Closer-Home	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
	603	561	95	FN	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant

critics' corner

South Park
If the residents of South Park had a contest for the most annoying person in town, Ms. Crabtree, who drives the school bus, would be a shoo-in. Honestly, she makes Cartman look like sugar, spice and everything nice. So all we need is an entire episode featuring Her Shrillness in charge of Kyle, Stan, Kenny, Eric and the rest of the gang when the bus gets into an accident. And adding insult to injury, the episode is titled "City on the Edge of Forever," which happens to be the title of one of the best "Star Trek" episodes ever made. For shame. 9:30 PM on 46 COM

Live at the Rehearsal Hall
She's done two Christmas albums, befitting a woman named Holly, but Halifax-born chanteuse Holly Cole has dabbled in almost every musical genre, from standards and show tunes to Tom Waits and Elvis Costello covers. Here, she performs such old favorites as "Too Darn Hot" and "On the Sunny Side of the Street" as well as her own "Larger Than Life." She also chats with host Lance Chilton. 8 PM on 40 BVO

They do!
Former American Idol star LaKisha Jones married financial adviser Larry Davis on Sunday in Los Angeles. Davis proposed to Jones, whom he met through friends, in June. PEOPLE.COM

Celebrity Buzz

Lauren denies betraying pal

PEOPLE The Hills star Lauren Conrad is denying reports that she had a fling with Justin Bobby, the on/off boyfriend of her former roommate Audrina Patridge, usmagazine.com reports.

"I'm being accused of being a bad friend, a s— and a liar all at once. It would actually be funny to me if people weren't taking it seriously," Conrad says. "The worst thing is knowing that a friend, that I've known for years and even shared a home with, thinks that I'm capable of that kind of betrayal. I would never hurt a friend like that!"

PerezHilton.com reported that Patridge learned of the alleged hookup about a week ago, from one of Bobby's friends.

"Once again someone has mysteriously called Perez Hilton and had him post another insane and completely false rumour about me," Conrad blogged on her MySpace page. "What kind of person would enjoy watching blogs and the press tear me apart?"

METRO NEWS SERVICES

Amy's guest list veers on lengthy side

MARRIAGE Amy Adams wants a huge wedding, femalefirst.co.uk reports.

The actress, who recently announced her engagement to Darren Le Gallo, her boyfriend of six years, wants to tie the knot in front of her entire family in a lavish ceremony.

"I'm one of seven kids — it was never going to be a small wedding!" she says.

Adams also revealed she and her aspiring actor fiancé are not competitive when it comes to their careers.

"Darren is not competitive with me at all. He has a wonderful talent and there aren't many people in the world who are like that, where he does not think that my success is his failure," she tells Vanity Fair magazine. "He just doesn't see it like that, and I don't either. If anything, he's probably a little more protective. He is very protective of other people's ownership of me."

METRO NEWS SERVICES

Jay-Z splashes out for Beyoncé's wedding ring

MARRIAGE Rapper Jay-Z spent $4.3 million US on singer Beyoncé Knowles' wedding ring, femalefirst.co.uk reports.

Although the couple married in a secret ceremony in April, Beyoncé had so far refused to show off the band until she was seen on a Miami beach with her sister Solange last weekend.

The ring is believed to be from the jewellers Schwartz.

Mohammed Cimark, who runs Precious Gems and Jewels in London, confirmed the huge octagon-cut diamond is a rarity.

"If it is 18 carats then it's a lovely size, an exceptional diamond. It's clearly a premium stone," he says.

The jeweller says he believed the stone had been sourced from Africa.

METRO NEWS SERVICES

Keira pans unnecessary nudity

MOVIES Keira Knightley has never been shy about showing some skin in a movie, but if you ask her, it was all warranted and boosted the storyline, popeater.com reports.

"I certainly wouldn't do it if I wasn't (comfortable)," Knightley told Glamour magazine. "I detest unnecessary nudity and what it says about women in society. I think you see a lot of films where, Oh, yes, the woman gets her t— out again and runs around naked for no reason. And you kind of go, 'Ugh, do we have to?' "

One thing Knightley says she won't talk about, however, is her love life.

"I never say anything about who I date or who I don't date, and there I've made one statement and I'm not going to make another one."

METRO NEWS SERVICES

celebrity brief

Paris plans to have kids soon

FAMILY Paris Hilton has babies on the brain, People.com reports.

"I definitely want three or four (children)," the socialite said in Las Vegas Saturday night, while partying at Pure Nightclub for her sister's birthday.

The youngsters may be arriving sooner rather than later too.

"Soon," Hilton says, with respect to a timeline. "Maybe a year or two."

In the meantime, Hilton is just enjoying domestic life with her boyfriend Benji Madden.

METRO NEWS SERVICES

celebrity brief

I'm not overtly sexy, Victoria says

PEOPLE Victoria Beckham seems to be suffering from low self-esteem after having moved to Los Angeles, saying she feels out of place among the beautiful people and looks "a bit off," orange.co.uk reports her as telling Glamour magazine.

"I know I'm not overtly sexy to men. I'm just not one of those women," the former Spice Girl says.

However, Beckham adds she deals with her self-doubt by being "very in touch with my spiritual self."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Calista reveals battle in returning to work

PEOPLE Calista Flockhart reportedly fell apart when she gave up her role as a full-time mother to return to acting, imdb.com reports.

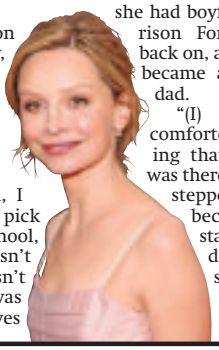
After raising son Liam from infancy, the former Ally McBeal star returned to the small screen in 2006 to star in Brothers and Sisters.

"All of a sudden, I wasn't home to pick Liam up from school, and I realized it wasn't really OK, and I wasn't happy, and I was scratching my eyes out," Flockhart tells C Magazine. "I couldn't believe I'd put myself in this situation."

Flockhart was grateful she had boyfriend Harrison Ford to fall back on, as the actor became a full-time dad.

"(I) was very comforted knowing that Harrison was there. He really stepped up and became a stay-at-home dad," she says.

METRO NEWS SERVICES



Humour wins over Robin

RELATIONSHIPS Sean Penn wooed his wife Robin Wright Penn on their first date, by making her laugh in a ridiculous outfit, imdb.com reports.

The husband and wife of 12 years are back together after a brief split earlier this year.

"I walked in, the door was ajar," she says. "We were going to dinner. He said, 'I'll be right in.' Five minutes later, he came in wearing cowboy boots, a jock strap, a pit helmet and a bow tie. I think that's probably why I'm with him, because I'd never seen that on a first date before."

METRO NEWS SERVICES

Gossip spurs Anne's friends

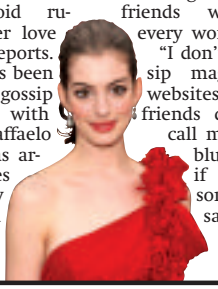
PEOPLE Anne Hathaway has hit out at her friends for believing tabloid rumours about her love life, imdb.com reports.

The actress has been the subject of gossip since she split with businessman Raffaelo Follieri, who was arrested on charges of fraud shortly after they parted ways.

But she insists she's still single, and is sick of fielding calls from girl friends who believe every word they read.

"I don't look at gossip magazines and websites, but my friends do and they call me out of the blue and ask me if I'm dating someone," she says.

METRO NEWS SERVICES



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Wednesday Variable 15° / 1°
Thursday Partly cloudy 18° / 10°

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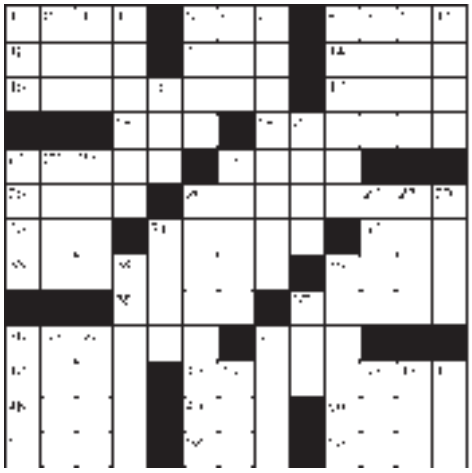


Crossword across

1 Junk in the in-box
5 Stir-fry pan
8 Greet the villain
12 Operatic showstopper
13 Rage
14 Reverberate
15 "Yellow" band
17 Horse of a different color?
18 Scoundrel
19 Cognac, e.g.
21 Lieu
24 Brat's stocking stuffer
25 "— Fiction"
26 Make like a caught possum
30 Recede
31 10 million rupees
32 Sticky stuff
33 Jerry Garcia fan
35 Lion's pride?
36 Feeble
37 Autumnal quaff
38 Dramatist Molnar
41 Swindle
42 Satan's field
43 Winter woe
48 Snitch
49 Mess up
50 Squared away
51 War god
52 Urban scurrier
53 Information

Crossword down

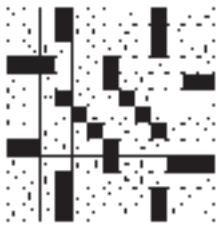
1 Pouch
2 Expert
3 Have 43-Across, maybe
4 Capricious and reckless
5 Untamed
6 Feast-famine link
7 PC requirement
8 Boston news-paper
9 Pic to click
10 Roe provider
11 PlayStation maker
16 Cushion
20 Bygone comic Martha
21 Raced
22 Toothpaste holder
23 Exile isle
24 Mantle
26 Pulpit VIP
27 "Zounds!"
28 Top-notch
29 Active person
31 "Big Brother" host Julie
34 Resides
35 Chopped finely
37 Cape —
38 Greek cheese
39 Always
40 Anger
41 Wagon
44 Historic time
45 Eggs
46 Allow
47 "CSI" evidence

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		4		2		6	
7			3		8			2
	9			6			1	
		7				8		
9	6						7	3
		5				9		
	7			2			3	
6			5		7			4
	1		6		4		2	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	8	1	3	2	5	9	7
3	9	5	7	6	4	1	2	8
7	1	2	5	8	9	6	4	3
9	8	3	2	5	7	4	6	1
1	2	7	6	4	3	8	5	9
4	5	6	9	1	8	7	3	2
8	3	1	4	2	6	9	7	5
5	7	4	3	9	1	2	8	6
2	6	9	8	7	5	3	1	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Sweet Potato Soup

INGREDIENTS:

2 tbsp (25 mL) olive oil
2 cloves garlic, minced
1 large onion, chopped
1 red bell pepper, seeded and chopped
1 tsp (5 mL) ground ginger
1 tsp (5 mL) allspice
4 cups (1 L) low-sodium vegetable or chicken broth
2 large sweet potatoes, peeled and cut into 1-inch (2.5-cm) pieces
1 can (19 oz/540 ml) diced tomatoes
1/2 cup (125 ml) natural peanut or almond butter
1 package (16 oz/450 g) frozen shelled edamame
5 oz (150 g) baby spinach

METHOD:

1. Heat oil in a large saucepan over medium-high heat. Add garlic, onion and bell pepper and cook until lightly browned, 5 minutes. Add ginger and allspice and cook for 1 minute.
2. Stir in broth, sweet potatoes and tomatoes, and bring to a boil. Reduce heat to low, cover, and simmer until potatoes are just tender, 15 minutes.
3. Place peanut butter in a small bowl. Whisk in about 1 cup (250 ml) of the simmering broth. Return to pan and add edamame and spinach. Cook until edamame is cooked through, 10 minutes.

PER SERVING:

405 calories, 20 g protein, 40 g carbohydrates, 10 g fiber, 20 g total fat, 3 g saturated fat, 0 mg cholesterol, 303 mg sodium

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
Reader's Digest
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Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
You'll understand irresponsible behaviour after a chat. You'll demand that maturity be shown. Your great work will lead to financial rewards.

TAURUS ♉
APRIL 21-MAY 21
Friction with a crook will result from restlessness. A visitor will complain about a commotion. A loved one will soon be in the news.

GEMINI ♊
MAY 22-JUNE 21
A reckless simpleton is absent minded. There's an abundance of tension in the air. Be patient with a romantic person.

CANCER ♋
JUNE 22-JULY 22
Others will seek you out for bizarre ideas. Foster optimism about a deeper commitment. Don't be cranky when you lose a game.

LEO ♌
JULY 23-AUG 23
It's important to have a discussion with an old friend. A message will make you reach for the right person. Someone's objection will cause resentment.

VIRGO ♍
AUG 24-SEPT 22
Progress is made after guilt wastes everyone's time. Someone is trying to take advantage of you. Don't go against your better judgment.

LIBRA ♎
SEPT 23-OCT 23
Others will ask you for advice. You'll surprise yourself. Information about a job will reduce your uneasiness.

SCORPIO ♏
OCT 24-NOV 22
Embarrassment results from stubbornness. Keep a steady hand in a new situation. A confining relationship causes a dishonest reaction.

SAGITTARIUS ♐
NOV 23-DEC 21
Detours will make you grit your teeth. You'll achieve recognition for your efforts. An admiring friend will create a stronger rapport.

CAPRICORN ♑
DEC 22-JAN 20
An absurd puzzle is solved by making a fresh approach. An ailing friend is like putty in your hands. Bite your tongue when someone irritates you.

AQUARIUS ♒
JAN 21-FEB 18
You'll jump when money comes unexpectedly. Concentrate on forging full-steam-ahead. A difficult person will do something delightful.

PISCES ♓
FEB 19-MARCH 20
A family intervenes to save a relative from doom. A trickster will cause a terrific quarrel. You'll have to amuse a disagreeable person.

This day in history

OCT. 7, 1919: KLM of the Netherlands was founded. It is the oldest airline still operating under its original name.
OCT. 7, 1944: In World War II the uprising at Birkenau concentration camp, Jews burn down crematoria.
OCT. 7, 1982: Cats opens on Broadway and runs for nearly 18 years before closing on Sept. 10, 2000.
OCT. 7, 2001: The U.S. invasion of Afghanistan starts with an air assault and covert operations on the ground.
OCT. 7, 2003: Gray Davis is recalled as Governor of California, three years before the official end of his office term. Film star Arnold Schwarzenegger is elected Governor.

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EVERY TIME THE ELEVATOR DINGS, SHOUT "MY CUPCAKES ARE DONE!"
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More fun per litre. The redesigned 2009 Chevrolet Aveo5 for $9,995* cash. text 'FUN' to 777888**
2009 Aveo 5-Door LT 1SB (with options D80, PG9) MSRP $16,610 model shown excluding freight. *Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight ($1125), licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. **No purchase necessary. Standard text messaging rates apply.